

**Abstract**

The purpose of this study was to examine the effects of a 6-week training program on the physical fitness and health-related quality of life (HRQL) of older adults. The study included 30 participants aged 70 and above, who were randomly assigned to either a control group or an intervention group. The intervention group participated in a supervised exercise program consisting of aerobic, strength, and flexibility exercises. Physical fitness was measured using a series of tests including a 6-minute walk test, a chair stand test, and a balance scale test. HRQL was assessed using the EuroQOL-5D questionnaire. Results showed that the intervention group significantly improved their physical fitness and HRQL compared to the control group after 6 weeks of training.

**Keywords:** aging, exercise, physical fitness, HRQL, elderly.

**Introduction**

As the population ages, it becomes increasingly important to understand the factors that influence physical fitness and HRQL in older adults. Exercise has been shown to have numerous benefits for older adults, including improving cardiovascular health, maintaining muscle mass, and enhancing cognitive function. However, many older adults face barriers to regular exercise, such as lack of motivation, limited resources, and safety concerns. This study aimed to address these challenges by implementing a structured exercise program designed specifically for older adults.

**Methods**

The study used a randomized controlled design. Participants were recruited from local community centers and senior centers. They were screened for medical conditions that might contraindicate exercise. Those eligible were then randomly assigned to either the control group or the intervention group. The intervention group followed a 6-week program of three sessions per week, each lasting 45 minutes. The sessions included warm-up, aerobic exercise, strength training, and cool-down. The control group did not participate in any formal exercise program during the study period.

**Results**

Data analysis revealed significant improvements in physical fitness for the intervention group. Specifically, they showed greater distance walked in the 6-minute walk test, higher number of chair stands, and better performance on the balance scale test compared to the control group. Additionally, scores on the EuroQOL-5D questionnaire indicated that the intervention group experienced a notable improvement in their overall HRQL.

**Conclusion**

This study demonstrates that a 6-week supervised exercise program can effectively improve both physical fitness and HRQL in older adults. These findings suggest that such programs should be widely implemented to support the health and well-being of the aging population.

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180	11	11/19/2005	JAS
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